

RECESS (Please write order on separate bag)

Popcorn		\$0.50
Pikelet	Home made pikelets	\$0.50
Whole Fruit	1 x Watermelon slice	\$0.80
Slinky Apple		\$0.80
Hash Brown		\$1.00
Yogurt Pouch	Vanilla	\$2.00
Fruit Salad	Watermelon, orange/mandarin, apple, strawberry	\$2.50
Cheesie	Half roll, topped with tomato sauce and cheese	\$1.50

LUNCH

Sandwiches, Rolls & Wraps

(salad consists of lettuce, tomato, grated carrot & cucumber)

	Sandwich	Roll or Wrap	Salad Bowl
Toasted Cheese	\$2.00		
Toasted Ham & Cheese	\$2.50		
Toasted Ham, Cheese & Tomato	\$3.00		
Salad	\$2.20	\$3.00	\$4.00
Cheese & Salad	\$2.50	\$3.50	\$4.50
Tuna & Salad	\$3.50	\$4.00	\$5.00
Chicken & Salad	\$4.00	\$4.50	\$5.50

French dressing included with Salad Tubs

Extras

Mayonnaise (reduced fat)	\$0.30
Sauce (squeeze)	\$0.30
Egg	\$0.50
Chicken	\$1.50
Ham	\$1.00
Cheese	\$0.50

HOT FOODS

Lasagne	\$4.00
Spaghetti Bolognaise	\$4.00
Macaroni Cheese	\$4.00
Beef Pie	\$4.00
Sausage Roll	\$3.50

BURGERS

Chicken Burger	Lettuce, tomato, carrot, & cucumber Mayonnaise	\$4.50
Beef Burger	Lettuce, tomato, carrot & cucumber Tomato Sauce	\$4.50
Cheeseburger	Cheese & Tomato Sauce (no salad)	\$4.00

DRINKS (Available for LUNCH orders only)

Fruit Juice	Apple, Apple Blackcurrant, Tropical. 99% Fruit Juice	\$1.50
Slushy	Tropical	\$2.00
Water	600 ml	\$2.00

ICECREAMS (available at lunch only)

Vanilla Bucket	Light Ice cream	\$1.50
Paddle Pop	Chocolate or Rainbow	\$2.00
Tutti Frutti	Frozen juice mini cups	\$0.20

\$5.00 MEAL DEALS

Ham or Chicken & Salad Wrap & 600 ml Water

Hot Meal, Small Salad & Water

Hot Meal (Lasagne, Mac n Cheese or Spaghetti Bolognaise)

WE NEED YOUR HELP

Our Canteen can't run without the help of Volunteers. We always welcome new parents to volunteer in our canteen – Grandparents, Aunties and Uncles are welcome too – but you will need a WWC check, as per Education Department Guidelines (we can help you apply for a Volunteer Card)

If you, or anyone else in your family would like to help, please send us an email on ops-pandc@outlook.com.au, contact us on Facebook or pop in to see us in the Canteen. If it's 1 hour or 3 hours, we would be grateful for the help.

Our volunteers receive a free meal & drink for themselves and one child.

Have you heard of the Department of Education's Healthy Food & Drink Policy? This is based on the Australian Dietary Guidelines for children. It uses a 'Traffic Light System' for rating the suitability of food & drinks sold at the Canteen.

Green – These foods should be eaten every day

Amber – These foods are foods that should only be eaten sometimes

Red – these foods cannot be sold in the Canteen

Please visit

<https://s3.ap-southeast-2.amazonaws.com/assets.freshsnap.com.au/app/uploads/2023/02/02123420/Menu-Assessment-Guide-.pdf> for more information

ORELIA SNACK SHACK

2023 Menu



Our Canteen is opening starting Term 2.

Initially it will open on a Friday, however if we have more volunteers, we can open on other days too!!

We are open from 08.15 am until 1.30 pm.

Canteen Ordering:

Orders can be placed at the Canteen in the morning (Cash & EFTPOS available)

Please write your order on a lunch bag – don't forget to include your child's Name, Teacher and Class number.

Online Ordering: Orders can also be placed via QuickCliq

www.app.quickcliq.com.au

Please make sure to change your child's class and teacher for 2023

(If you need help to set up an account, please come & see us at the Canteen and we would be more than happy to help you).

All orders must be received by 9am

Does your child have allergies? Are you unsure about ordering, because you don't know what ingredients are in our foods? Please come and see us in the Canteen to discuss.

If you have any queries, suggestions or feedback, please send us an email at ops-pandc@outlook.com.au